

AUGUST 2021

SENIOR CENTER NEWSLETTER



Masks are now required for everyone entering the Senior Center

We are so excited to welcome everyone back to the San Bruno Senior Center!

Things can change daily, so we appreciate your patience as we reopen activities.

The lunch program has returned, as well as many of our popular classes and programs. We will run a limited shuttle service at first and will expand to the bus in September. Some activities such as large parties and bus day trips will be back later in the year. Our first trip will be to Red Hawk Casino on October 6th. Flyers are available at the reception desk. Announcements will be made through the newsletter each month.

Should you have any questions, you can contact the Senior Center main line at 650-616-7150.

SAN MATEO ADULT SCHOOL CLASSES

Yoga and Current Events will be returning starting the week of August 16.

Yoga

Mondays, 2:00-3:00pm and 4:00-5:00pm
Thursdays, 10:15-11:15am

Current Events

Wednesdays, 1:30-2:30pm

Pre-register for these classes at <https://bit.ly/3wFu07K> or call Jeri McGovern at 650.558.2127; jmcgovern@smuhsd.org.

SENIOR SPORTS

Horseshoe League

Wednesday at 9:30am starting August 18.

Bocce Leagues

starting week of September 27
We will return to 4 person teams if there is enough interest

Softball

Ongoing Thursday mornings from 9:30am-Noon.
New players are always welcome

Sign up at the receptionist desk if you are interested in any of the programs or call Mary Tessier for more information: 650.616.7152.

Red Hawk Casino Wednesday, October 6, 2021, \$40.00 per person. The bus departs from Library & Magnolia in Millbrae at 8 am. Sign up at the Reception Desk with cash or a check.

Hawaiian Cruise March 27, 2022 15 Day Cruise. For more information contact Marilyn Levene 650-703-5522.

AUGUST LUNCH MENU

Mon	Tue	Wed	Thu	Fri
2 Chicken Marsala Mashed Potatoes (D)	3 Cuban Shredded Pork Seasoned Rice W/Peas	4 Beef Sloppy Joe Stuffed Baked Potatoes (D)	5 Shrimp Louie Salad Clam Chowder (D)	6 Beef Stroganoff Egg Noodles
9 Chicken & Andouille Jambalaya	10 Salisbury Steak W/Gravy & Scalloped Potatoes (D)	11 Lemon Caper Chicken Cheesy Pasta (D)	12 Lidia's Turkey Sandwich Vegetable Soup (D)	13 Orange Chicken Steamed Rice
16 Shrimp Alfredo Pasta (D)	17 Home-style Chicken & Veggies with Biscuits (D)	18 BBQ Pork Ribs Coleslaw Baked Beans	19 Spaghetti & Meatballs (D)	20 Lidia's Bacon Spinach Frittata, Roasted Potatoes (D)
23 Chicken Enchiladas Pinto Bean (D)	24 Italian Sausage and Peppers (pork) (D) Penne Pasta	25 Roasted Turkey Mashed Potatoes (D)	26 Chicken Pita & Falafel Bites (D)	27 Baked Cod Rice Pilaf (D)
30 Chicken Cordon Bleu Mashed Potatoes (D)	31 Sweet and Sour Breaded Pollock Nuggets Sesame Brown Rice			

The suggested donation is \$3.00 per meal. The Program is funded in part by the Older Americans Act and is available for adults who are 60 years and older. Meals are first come, first serve. There will be a limited number of lunches and there will be no lunch alternatives such as the salad bar. We may sell out on certain days so early arrival is recommended. No advance reservations will be taken.

The menu is subject to change. (D) indicates dish has dairy.

CLASSES & PROGRAMS

Monday	8:15am Hike 9:00am Mahjong 9:00am Ceramics Workshop 9:00am Bocce League in Progress 12:20pm Int. Tap 1:00 Bingo (starts September 1) 1:00pm Computer Club (starts August 16) 1:20pm Beg. Tap 2:00 Yoga (starts August 16) 4:00 Yoga (starts August 16)
Tuesday	9:30am Zumba Gold NEW DAY! (starts August 3) 10:00am Spanish 10:30am Sit & Workout (starts September 7) 11:30am Bocce League in Progress 12:30pm Beg. Line Dancing (starts August 3) 1:00pm Ukulele 1:00pm Computer Club (starts August 17)
Wednesday	8:15am Hike 9:00am Advanced Line Dance (starts September 1) 9:30am Stained Glass Workshop 9:30am Horseshoe League 1:00pm Bingo (starts September 3) 1:00pm Computer Club (starts August 18) 1:00pm American Line Dance Level 1 (starts August 18) 1:30pm Current Events (starts August 18) 2:00pm American Line Dance Level 2 (starts August 18)
Thursday	9:00am Fun & Fitness Exercise (starts September 2) 9:30am Softball at Lion's Field 10:00am Creative Writing 10:15am Yoga (starts August 19) 12:30pm Pedro 12:30pm Music & Motion (starts August 19) 1:00pm American Line Dancing (starts August 19) 1:00pm Painting Workshop 1:00pm Computer Club (starts August 19)
Friday	8:15am Hike 9:30am Knitting 9:30am Crocheting 9:45am Zumba Gold 11:00am Gardening 1:00pm Bingo (starts September 5) 1:00pm Ping Pong 1:00pm Bridge 1:30pm History Class (starts September 3)

SUNDAY DANCES ARE BACK!

1ST SUNDAY OF THE MONTH

Starts September 5

Line Dance with Jeanette Feinberg

1:00-4:00pm, \$7 per person

Lessons, refreshments, and dancing

2ND SUNDAY OF THE MONTH

Starts September 12

Social Line Dance Mixer with Allen Isidro

1:00-3:00pm, \$10 per person

Lessons, refreshments, and dancing



3RD AND LAST SUNDAY OF THE MONTH

August 15 & 29 and September 19 & 26

Come and dance the afternoon away with the Bob Gutierrez Band. Refreshments served by your hosts Raoul Epling and Akira Tsunoda.

1:00-3:30pm, \$5 per person

August Lunchtime Entertainment

Mondays @ 10:45am: Bob Gutierrez Band

Tuesdays @ 10:30am: D.J. Music with Joe

Wednesdays @ 10:45am: Bob Gutierrez Band

Thursdays @ 11:30am: Accordion Music with Vince Mantia

Friday, August 13 @ 11:15 am: Rick Laub on Guitar & Vocals

Friday, August 20 @ 11:00 am: Gio Cosmos Piano & Vocals

FRIDAY MOVIE TIME: AUGUST 27TH AT 9:30 AM: "NEWS OF THE WORLD" (2020 FILM) STARRING TOM HANKS

A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home.